

THE
NURSE'S GUIDE:

OR

Short and Safer RULES for the
Management of WOMEN
of each Rank and Condition

IN

CHILD-BED.

WITH

DIRECTIONS about the Choice of a

WET-NURSE.

In a DIALOGUE

Betwixt a SURGEON and a NURSE.

By the Author of the Midwife rightly instructed.

L O N D O N:

Printed, and Sold by M. COOPER, in Pater-Noster
Row, 1744.

2. 67.
9. 11. 12.

P R E F A C E.

TIS now about six Years since I offer'd to the public View, a few Sheets under the Title of *The Midwife rightly Instructed: In which I endeavour'd to put the Art of Midwifery upon a better Footing in general than heretofore it has been; by pointing out to those who desire to succeed in that Practice, a Method which they all shou'd take to acquire a proper Stock of Knowledge, previous to their Practice, and by laying down some short and safe Aphorisms or Rules, whereby they might avoid the falling into many common and (too often) fatal Mistakes.*

In a Preface to that Tract, I have address'd myself to the Married Ladies of Great-Britain, and have interested them in the Cause, as I have supposed it greatly in their Power to promote it. In the same Preface I have promised to present to the Public, some Instructions to the Child-bed Nurse. These I now offer in the same Shape I did those to the Midwife, and hope the Importance of the Subject will recommend them to the Attention not only of such who propose to themselves a Livelihood from Nursing, but also of the Mothers of Children in general, whom I think they equally concern.

It may perhaps be objected against this little Performance, that much has been said already upon the Subject in the Writings of
some

The P R E F A C E.

some of the Men-Midwives, particularly Mauriceau, Dionis, and Vauguion.

'Tis true, these Gentlemen have been so very good as to take this Subject into Consideration; but as what they have written on this Head has been done only to make their Pieces on MIDWIFERY more compleat; and as those Pieces are large Volumes, and fall chiefly into the Hands of SURGEONS or MIDWIVES; I hope I shall both be excused for borrowing what I have from them, and for offering to the Public a smaller Tract, which will be purchased at a much easier Rate, and be more universally serviceable than either of theirs.

I do not know that I have omitted one Circumstance of Moment, relating to the Subject handled in the ensuing Pages, which either those who have wrote before me have taken Notice of, or my own Observation has led me to make. And though I desire to own, that I have made very free with what they have advanced, as I could not well avoid it; yet I have expung'd many trifling Passages, explain'd some that were less intelligible, and have added some which I thought were wanting.

I have all along consulted a plain familiar Stile, as I considered that I was writing to Persons of the meanest as well as the best Capacities, and more immediately to the former.

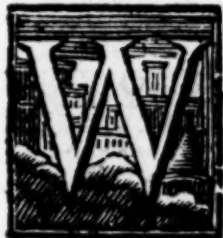
T H E



THE
NURSE'S GUIDE, &c.

In a DIALOGUE
Betwixt a SURGEON and a NURSE.

SURGEON.



ELL, *Lucina*, what now?

MIDWIFE. Why, Sir, I am come now to ask another Favour of you, and that is in behalf of my Neighbour here, who is a very handy, tractable, neat Woman, and has a Mind to recommend herself to the People of better Fashion in Quality of a DRY-NURSE. I hope, that as you have been so good as to instruct me in the Art which I profess, I may presume that it will not be altogether a disagreeable Task to you to grant a Favour of the same kind to her; since you profess so great a Regard for the Welfare of our Sex in
B general;

general; whose Interest is equally as much concern'd in the good or bad Performance of HER Office, as it is in the well or ill Execution of MINE. And I believe that upon discouraging with her you will find her a Person worthy of Recommendation to the Employment, and capable of receiving such Instructions as you shall think fit to give her.

SURG. Pray sit down both of you.---I shall readily comply with your Request, *Lucina*: For it is far from being either beneath me, or disagreeable to my Inclinations, to concern myself for the common Good of Mankind. She is welcome to all the Instructions I am capable of giving her.

NURSE. I shall be infinitely oblig'd to you, Sir, and shall endeavour carefully to treasure up in my Mind whatever you shall be so good as to impart to me.

SURG. But pray, how came it into your Head, *Sophrone*, to apply to ME for Instructions? People generally enter into this Way of Life by Dint of their own Ingenuity; I never had one come to me on this Errand in my Life.

MIDW. Why, Sir, indeed it was at MY Instigation chiefly, because I would willingly have it in my Power to recommend my Patients to one who would be a Credit to her Office: And I had my own Interest and Reputation at Heart too in the Thing: for tho' a Woman in Childbed may have been safely deliver'd,

deliver'd, and nevertheless lose her Life thro' the Ignorance, or Neglect, or Mismanagement of her Nurse; yet the Populace will be ready to open their Mouths against the MIDWIFE, and make HER Character chargeable with the whole Offence.

SURG. You observe very rightly.

MIDW. I take it, Sir, that a NURSE should be a sort of *Deputy-Widwife*; able to judge in a great measure of the CONDITION of the Patient, as well as to administer to her, her Food and other Necessaries of Life, and for that Reason that she ought to set out in this Employment with a good Foundation of Knowledge. For you know, Sir, the Nature of our Office is such, that we are often call'd away before or as soon as we have done our Work, to assist some other Woman, and therefore it cannot be expected that we should give much After-attendance?

SURG. True, *Lucina*; your Notion is good there: But pray, has this honest Woman consider'd well the Care she ought to have upon her, and the Fatigues she must expect to go through in order to discharge her Office well and faithfully.

NURSE. Yes, Sir, I hope I have.

SURG. So I'm willing to presume —
FIDELITY and TRACTABLENESS are the two grand Qualifications of a good Nurse; but there are, I doubt, too many in the World, who, when they set up for Nurses, think

more of the Perquisites of the Christening than of the Wellfare of the Mother and Child.

NURSE. So I fear, Sir: But that is not the Case with me.

SURG. No, I hope not; God forbid it should! — But to our Purpose — You are married, I presume?

NURSE. Yes, Sir.

SURG. And have lived some time in some good and reputable Families, where Women have lain in Childbed?

NURSE. Yes, Sir, I liv'd several Years with Madam —

SURG. Well, that's a Family I have the Honour to be well acquainted with. You must then, to be sure, know very well how to prepare the Diet fit for a Lying-in Woman: For I hope you don't expect I should instruct you how to make *Cawdles*, *Broths*, and the like.

NURSE. No, Sir, to be sure; nor am I at all a Stranger to those Things: The Informations I want is about the Management of a Child-bed Woman: How I must behave myself from the first Day of my coming to her, to the Time I depart her Service. I imagine too that a good deal of Skill is necessary with respect to the Child, as well as the Mother; and if in these Particulars I can be favoured with your better Advice and Instructions, I shall think myself infinitely obliged to you.

SURG.

SURG. You shall not want the best Information I am capable of affording you.

NURSE. I thank you, Sir. You know, Sir, we are commonly call'd to attend our Mistresses some little Time before their Reckoning is quite up. I conceive that some Care is incumbent on a Nurse even at that Time.

SURG. Ay, certainly.

NURSE. Pray how am I to conduct myself at that Juncture?

SURG. Why, your Business must be at that Time, to see that your Mistress abstains from all violent Exercises; for these may occasion an untimely Separation of the After-Birth, either wholly, or in Part, whence may ensue a Flooding, and the Symptoms which commonly attend it; the Child be displac'd, and put out of its natural Posture, (which shou'd make the Labour easy) into a wrong and unhappy one, which may render it both difficult and dangerous. Therefore you must advise her to use the gentlest Exercise, and as she approaches nearer her Time, to take much Rest: you must moreover advise her, not to let every little disagreeable Circumstance in her Family disquiet her, or excite her into passionate Expressions; for the Passions of the Mind will contribute much towards the Inconveniencies which are wont to attend Delivery. You must see that she does not pay too great a Regard to her Shape, but that she rather goes as loose in her Attire as is consistent

stent with Decency and common Modesty. This will be a necessary Piece of Advice, to those however who are pregnant of their first Child, especially if they are such as value themselves much upon their Shape and Mien, as from frequent Observation I have (I doubt too justly) had Cause to believe many have done, to their own and the greater Prejudice of the poor tender Infant.

NURSE. Is not a particular Diet necessary for her at such a Time?

SURG. Yes, and this Diet shou'd consist chiefly of light, soft, and easy Food, that yields a good and nourishing Juice, and shou'd be rather boil'd than roasted Meats, that will keep the Body open, such as Veal, Chicken, Calves Feet, and the like; Gruels also and Broths made of these Meats are proper. For want of observing a Diet of this Sort in the last Month, many unhappy Women are forc'd to have frequent Recourse to Clysters, which are very often injurious, because they hasten the Birth. It must however be remark'd, that some Women are from the Habit of their Body naturally costive, which Circumstance always makes their Labour less easy than otherways it would be. Now, if this shou'd be the Condition of your Mistress, you shou'd boil in all her Broths or Gruel some of the emollient Herbs, such as Marshmallows, or Pellitory of the Wall, and put in a pretty good Quantity of Butter or Marrow. Once in two or three Days too,
for

for the last Month, I wou'd advise you to give her half an Ounce or more of clean *Cassia*, *Lenitive Eleſtuary*, or *Manna*; but you must not by any means administer strong and sharp Clysters to her; because the doing this may endanger an Abortion or Miscarriage.

If your Mistress be a very young Woman, and it is the first Child she is going to be deliver'd of, she will be apt for want of Experience to mistake her Reckoning, and to imagine upon almost every slight Pain of her Body, that she is going to fall in Labour, and will on that Account be very impatient to be deliver'd: It will therefore behove you to caution her against Impatience, as what will be injurious to her; and you must tell her, that she is not rashly to conclude, that every Pain of her Body which she feels is an Indication that her Labour is at Hand; for it is no uncommon thing about that Time for a Woman to be seiz'd with false Pains: But if you yourself are in Doubt about her Case, and cannot fully satisfy her Mind about it, let her then send for her Midwife (whom by the Way, I wou'd have to be one who has been rightly taught her Art, as your Neighbour *Lucina* here has) and let her make the Trial by touching her, how the Case stands. For if she be an expert Woman, she will presently satisfy her whether the Pains be the true or the false ones. But since a Midwife may not always be at hand just when your
Mistress

Mistress wants to have her Doubts of this kind clear'd up to her, thus much of the Affair, *Sophrone*, I wou'd have you to understand, that if the Pains are of the true and genuine Sort, the Woman will feel some unusual Pains of the Loins continually encreasing, and, as you Women term it, bearing down, till at length a smooth and *slippery Water* shows itself; and if her Labour is just at hand, she will be seiz'd with the sharpest and most severe Pains about the Loins, the Hips, and the Navel, which Pains will be of a forcing Nature, and tending towards the Womb and the outward Parts; but these Pains will not be constant, but will be on and off, her Face will be flush'd, and this Flushing will generally be follow'd by a Trembling of the whole Body, especially of the lower Limbs, as tho' she was seiz'd with a Fever, but with this Difference, that she is not sensible of any Coldness.

When you find these Symptoms attending her, you may pretty justly apprehend that her Labour is not far off, and that therefore it is necessary to send out for the Midwife. But if on the other hand, you find that her Pains are constant, her Belly not at all lessened, nor any Water has flow'd, you may venture to tell her, that her Pains are not the true Labour Pains, and may advise her to take some Tea made of the Flowers of Chamomile, or Juniper-Berries bruised; or if her Pains are not reliev'd by these means, you
may

may give her half an Ounce or better of *Diacodium* (that is, Syrup of Poppies, not *Diascordium*, as many oftentimes, because of a Similitude of the Names, do) and in two or three Hours after, if the Pains do not cease or abate, so much more of the same. But if your Mistress be the Wife of one in good Circumstances, it will be your wiser Way to let her be attended in such a Case as this by a Physician, or understanding Apothecary.

Some advise, that for the eight or ten last Days, the Parts concern'd in Delivery shou'd be anointed with Oil of Almonds, or some other soft and unctuous Body, in order to soften them, and make the Passage more slippery, that the Child may come more easily into the World, especially if it be the first Child; because the Parts are straighter then than afterwards they will be when a Woman comes to have a second, or more Children. But this must more particularly be done when your Mistress is one who did not marry till she was somewhat more advanc'd in Years, or in other Words, who was before Marriage what we commonly call an old Maid; because in these the Parts are dry, and do not yield so easily, nor does the Os *Coccygis*, or *Rump-Bone*, which is very firm at its Joints, so easily give Way in Labour with this sort Persons, as with those of a more tender Age.

NURSE. I am greatly satisfied, Sir, with what you have said with respect to this Particular.

C

SURG.

SURG. But there is another Circumstance which you must not be unappriz'd of, that is, if your Mistress be a Woman that has been subject to miscarry, she shou'd when she is near her Time keep much in Bed, and avoid all those Medicines which provoke Urine, or open the Body too much, wear low-heel'd Shoes, and take as much Care as she can that she does not stumble. But in Case that by Accident, or thro' want of sufficient Care, she has happen'd to meet with any Hurt, she shou'd keep her Bed, and have Compresses or folded Cloths, steep'd in Red Wine, or a strong Decoction of red Rose Leaves made warm, to her Belly, and without delaying it, as a great many do, send for a Surgeon to take some Blood from the Arm: And while you are nursing her in this Condition, let it be your special Care that she receive no Cold. Her Drink in this Case shou'd be red Wine and Water, Jellies prepar'd from astringent Fruits, such as *Damsons*, *Rasberries*, *Quinces*, and the like; and her Diet in general shou'd consist of cooling Things, and the Room she is in shou'd be as cool as is consistent with her Safety. If she shou'd be apt to faint, let her take a few Drops of *Hartshorn*, or *Sal volatile*, in a Cup of *Green Tea*, or *Water*, if most agreeable to her: But you must not by any means give her any of those spirituous Liquors which generally pass under the Name of *Drams*, nor must she take any Sort of Drops that are
pre-

prepar'd from *Castor*, or have *Castor* in their Composition, notwithstanding that these are allow'd to be of Service in Case of Vapours, or Faintings, at any other Time : For as *Castor* is a Thing that is found to provoke Delivery, it must necessarily be prejudicial if taken at this Time ; because instead of preventing, it might procure *Abortion*, or *Miscarriage*. You was not perhaps appriz'd of this before, *Sophrone* ?

NURSE. No, Sir, but I shall remember your Caution for future Time.

SURG. Well, now it falls in natural order, that I give you some Directions *how to manage your Patient after Delivery*. Then thus : After the Midwife has brought away the Child, with what shou'd follow besides, and has made the necessary Applications to the Body of the Mother, and carried her to her proper Bed ; it must be your first and more immediate Care, to see that no Obstacle be in the Way to hinder her from taking her Rest, in order to recover the Strength she lost in Time of Labour : And to this Purpose, you must take upon you to require all Company to withdraw, you must darken her Room, and closely draw the Curtains of the Bed, and prevent as much as lies in your Power any Noise in the other Rooms, or beneath her Window, or any offensive Smell, as that of Perfume, Smoak, Brimstone, or the like. Let her be laid with her Body a little rais'd, that she may breath more free-

ly, and that her Cleansings may have the greater Liberty to flow; for if these are retain'd, they will occasion much Pain, and be of very bad Consequence. Let her Thighs and Legs be drawn down close to each other, and underneath her Hams let a Pillow be plac'd to support them, and to ease her Back and Loins. Advise her not to turn herself either to the right or to the left Side, but to lie supine, that is with her Face towards the Ceiling. In order to cool and moisten her Mouth and Throat, which must have been heated and grown dry with her Cries in Labour, you may give her (as is customary) about an Ounce of Oil of sweet Almonds, mix'd with as much Syrup of Marshmallows or Violets, and the Juice of a large Orange ;* or if this be offensive to her, as Oils are to a great many, let her drink down a Basin full of good Broth, or Barley-Gruel, in which is a little Wine, and so leave her to rest, keeping still in the Room by her, and treading very lightly on the Floor if you have Occasion to move. If she cannot sleep without it, you may give her half an Ounce of *Diacodium*, mix'd with a little Tea, and when she is awake, let her often drink of Broth, white Wine Whey, or the like; for by means of these Things her Strength will be repair'd, and her Vessels, which were emptied very much by her Throws in Labour, will be replenish'd,

* Dionis's Midwifery, Book IV. Chap. I. Mauriceau's Midwifery, Book III. Chap. I

plenish'd, and her Fever, and the concomitant Symptoms abated.

The *French* * Midwives (if it be an hard Labour) as soon as the Woman's Bed is fitted, apply to the Parts concern'd in Delivery, a Cataplasm to compose the Pain and assuage the Inflammation, made with two Ounces of Oil of Sweet-Almonds and two new-laid Eggs, both Whites and Yolks stired together over warm Embers, to the Consistence of a Cataplasm (or Pultice) and spread on a Rag and laid on moderately warm: And after three or four Hours renew it, if the Inflammation continues. They also make a Decoc-tion of Barley, Linfeed, Chervil, Agrimony, Marsh-Mallows and Violet-Leaves, with which they wash the outward Parts two or three Times a Day, to clear them from Blood and other Filth proceeding from the Cleansings; and to mitigate the Pain, they bathe with warm Milk, Barley and Chervil Waters: And about the fifteenth Day after Delivery, and not before, they inject into the Passage to the Womb an astringent Liquor, which they prepare thus: Take four Pugils† of Pomegrate Peels, an Ounce and half of *Cypress* Nuts, an Ounce of Acorns, half an Ounce of seal'd Earth, an Ounce of *Provence* Roses, two Drachms of Roch Alum: These they infuse
all

* *Vauguion Chirurg. Operat. Chap. xxiv. Page 332. — Dionis's Midwifery, Book iv. Chap. 2. — Mauriceau's Midwifery, Book iii. Chap. 2.*

† A Pugil is as much as you can take up easily between the three first Fingers and the Thumb.

all Night in half a Pint of strong Red-Wine, and strain through a Linen Cloth and press it, and foment the Part with it Night and Morning, to strengthen and close the Parts *.

I would not advise you to follow the Practice of some Nurses, who think that a Rowler (or Swathe-Band) is necessary to press the Womb and keep it in its Place : For this is both injurious to the Patient, and inconsistent with Reason and Experience. And if you should meet with a positive Midwife, that should command this Sort of Treatment, you may very safely oppose her upon the Authority of those of the Men-Midwives who have written best upon the Subject †.

NURSE. How then would you have me treat her, Sir?

SURG. Why, when the Work is over, I wou'd have you to lay a large square Compress (that is, a Linen Cloth four Times doubled) over her Belly. You may, if you will, indeed, make use of a Rowler, but with no other View, nor in any other Manner, than to keep the Compress on ; and if your Patient complains that her Body is sore, and she is griped, you may every Day anoint the Part with Oil of Sweet-Almonds.

When her Cleansings are over, you may apply your Rowler a little straiter, because now there is nothing to fear, as before there was.

NURSE.

* Vauguion ubi supra.

† Mauriceau, Vauguion, and Dionis.

NURSE. Very good, Sir. But now concerning her Breasts: How must they be treated in case she does not intend to give Suck?

SURG. Why, if she intends not to give Suck, let her Breasts be cover'd with fine soft Cloths, or, as *Dionis* advises, with a woollen Quilt, put betwixt two Pieces of Linen to keep them warm; for then 'tis easy to shift the Linen that's next her Breast, which will be wet with the Milk.

NURSE. What if she designs to suckle herself?

SURG. Why then she has nothing to do, that I know of, but to wait the Pleasure of Nature for the voluntary flowing of the Milk into her Breasts.

NURSE. But what if the Milk should flow (as often it does) in too great Abundance into the Breasts?

SURG. When this happens, you should embrocate (that, is bathe) them with a Mixture of Oil and Vinegar, and apply Rags dipt in it to them.

NURSE. I thank you, Sir, and shall be glad now to be inform'd concerning the Diet and Management of a Woman during the Time of her Lying-in.

SURG. At this Juncture you are to treat her as though she had a Fever, or at least as if you was apprehensive of an approaching one; for on the second or third Day she will very likely have more or less of it. For which Reason, you must not let her eat and drink
what

what and as much as she pleases: But must for the four first Days give her Barley-Gruel, Cawdle made with a small Quantity of White Wine, Veal or Chicken Broth made warm, and take Care that she abstains from all solid Meats: Even Chicken is not proper for her.

NURSE. Why sure, Sir, this is but a poor sort of Sustenance for a Woman that has been so spent in Labour: I should have thought a Diet more heartening should have been proper for her at this Time.

SURG. Why yes, you judge as indeed too many who set up for Nurses do, in this Particular: But I must tell you, that with them you are mistaken; and take it from me; that while you are endeavouring by an high and liberal Food to restore to her the Spirits she has lost in Labour, you are laying a Foundation for a dangerous Fever.

NURSE. Sir, I thank you for the Advice, and shall rely on your Authority.

SURG. Nay, it is not upon MY Authority only that you will rely, but upon the Authority and Experience of the very best of Men who have written upon that Subject. But, however, about the fifth Day, or rather as soon as you perceive the Flowing of the Milk in such great Abundance begins to abate, you may venture to let her eat a Bit of Chicken boil'd, or Veal, and may give her to drink a little White Wine mix'd with Water, allowing her to eat more or less as she gathers Strength, and recovers her Appetite; provided
ed

ed always, that you do not give her more at that Time than she is wont to eat at other Times.

The People you are to treat thus are those of a more tender and delicate Make; who, under the Affluence of an easy or plentiful Fortune, use no Labour and but little Exercise. For your robust Women, who are accustomed to Hardships and much laborious Exercise, must not be laid under these Restraints; but, on the contrary, a great Regard must be had to their Way of Living. In short, *Sophrone*, you must employ your utmost Attention to treat every Woman in this Condition as Custom and the Constitution shall require.

Now and then, for about the first nine Days, you should give her a gentle, softening Clyster, made with Marshmallows, brown Sugar, and the like; and to prevent its griping her, grate into it a pretty deal of Nutmeg.

Be always upon your Guard, *Sophrone*, that you do not surprize her with any unhappy or disagreeable News; and take Care that neither any talking Visiter, or any one of the Family does it: And advise your Mistress not to receive any Visits at all till about the eighth or ninth Day is over, or rather till she finds herself capable of bearing a little Noise; for 'tis seldom that Visits of this Sort go unattended with this.

If your Patient be one of a sickly Constitution, and abounds with gross and hurtful Humours, and has not had her Cleansings in suf-

D

ficient

ficient Quantity, you will do well to advise her take some gentle Purge. But if she be one of a good Habit of Body, and has had large and due Evacuations, and her Appetite good, this Advice will be needless, if not hurtful.

Dionis says, that the precise Time when a Woman ought to be purged cannot exactly be determin'd. That if the *Lochia* (or Cleansings) are over at the End of twenty Days, if the Woman has had them in great Quantity, and if she has any Indisposition that requires purging, it may certainly be done with perfect Safety to her; but if there's no urgent Occasion for it, it may be put off much longer.

When she wou'd purge, it will be best for her to advise with her Physician or Apothecary what she shou'd purge withall. However, if she be poor, and cannot afford better Advice, you may prescribe to her an Ounce, or an Ounce and a Half of Lenitive Electuary.

Don't let your Patient be too forward in going out on Horse-back, or in a Coach, lest the unequal Motions of either, occasion a Falling down of the Womb.

MIDW. Pray, Sir, if I don't interrupt you, what do you think of that Practice of wrapping the Woman just after Delivery in a SHEEP-SKIN, flay'd off while the Animal is alive?

SURG. Why, I don't know, *Lucina*; the French Midwives, and our Countryman Mr. *Chapman*, speak very loudly in its Praise; and and it may, for aught I know, deserve the Encomium they bestow upon it: But, for my Part,

Part, I must own, I think a Means which carries with it a less barbarous Idea might serve our Purpose as well. However, if you have a Mind to use it, I shall not prejudice you against it; but then let me advise you to take care you are not serv'd as Monsieur *Clement* was when he applied one to the *Dauphiness*, then lying-in of her first Child.

MIDW. Pray how was that, Sir?

SURG. Why, as *Dionis* relates the Story, the Butcher who slay'd it, having folded it up in his Apron and brought it to the Bed-side, the Sheep, all over Bloody, rush'd into the Room after him, and came up to the very Bed-side, which surpriz'd the Ladies and put 'em into a very great Fright*.

MIDW. I warrant you, Sir; and I suppose the Gentleman never used it afterwards?

SURG. No: The Historian says, he never ventur'd on it any more, because it was thought to do more Harm than Good.

MIDW. Well, Sir, now I'm answer'd; and, *Sophrona*, you may proceed with the Gentleman.

NURSE. I was going to ask you, Sir, what I had to do in Case of FLOODINGS, which sometimes happen to Women who are newly deliver'd; but this I suppose does not so much concern me as the Physician or Midwife.

SURG. Yes, there is something to be done on your Part too: You must make it your Care, that at that Time her Belly be not

D 2

strait'ned

* See *Dionis's* Midwifery, Book IV. Chap. II.

strait'ned with any Swathe or Compress ; for all Sorts of Bandages are hurtful in this Case, if her Belly be sore. Instead of this, let the Air of her Chamber be kept cool, opening now and then the Windows ; do not load her with Cloaths, but let her be lightly cover'd, and let not what Linens you make Use of be applied warm, but when they have been well air'd, let them lie till they are cool again ; for by applying them warm, you might overheate the Blood, and occasion an Encrease of the Flux of Blood.

If the Flux of Blood be great, and neither the Place nor the Woman's Circumstances admit of the Advice of a Physician, or some very skillful Midwife, lay her upon fresh Straw, with a single Cloth spread over it, and apply to her Loins Napkins dipt in a Mixture of equal Quantities of good Vinegar and Water, made a little warm. Let her Drink be Red-Wine mix'd with Water, in which a red-hot Iron has been quench'd ; and to recruit her Strength let her take a little strong Broth, a little Jelly, or now and then the Yolks of new-laid Eggs, but no solid Meat. In her Broth you may put a few Spoonfulls of Wine, and to raise her Spirits when they are very low give her a few Drops of good *Sal Volatile*. But the best Cordial of all is this : Drop upon a Lump of Loaf-Sugar, two Drops of pure Oil of Cinnamon, and grind the Sugar with the Oil to a very fine Powder, and then stir into it the Yolk of a new-laid Egg, and to all add
half

half a Pint of good White-wine, and let her take it at twice. You must, however, be careful that you don't treat her too freely with Cordials of this or any other kind; for they all have a Tendency to encrease the Flux of Blood: You must let Reason and Discretion be your Guide; always remembering, that Cordials in this particular Case, as sometimes Laudanum is in other Cases, *as a necessary Evil*. And let me apprize you once for all, that FLOODINGS *are always attended with Danger, and very VIOLENT ones for the most part with Death*. Nevertheless, you must not in the worst of them give your Woman over for lost, but exert your utmost Skill and Diligence, and remember, that if she recovers at all, it will be some considerable Time before she gets entirely over it. This is the best Advice I can give you at present concerning Floodings.

NURSE. You are very good, Sir; and now if you please I shall be glad to be advised how I must deal with her when she has her AFTER-PAINS?

SURG. You shall, *Sophrona*, and I will first of all give you some little Account of them. These Pains are felt in the Womb, and are very distinguishable from those in the Belly, and come by Intervals, or as you Women term it, by Fits. They seize a Woman within some Hours after she is laid, and commonly cease the second or third Day. Women are seldom troubled with them in their first Child, but generally complain heavily of them in the rest. Women

Women who have had Children, bear them for the most Part without Impatience, as being sensible that they cannot lye in without them, and that they will not be of long Continuance, nor are any Ways dangerous. It is customary with some to give in this Case a Mixture of equal Quantities of Oil of sweet Almonds, and Syrup of Maiden-hair, and others commend the Broth that is made of an old Partridge. Either of these may be very good; you will, however, meet with some who will be very impatient under them, and call to you for Help; these you must indulge, notwithstanding you think it doubtful whether you can relieve them or not; and when you do attempt their Relief, let it be thus: Apply warm Napkins to the Belly, and shift them as they grow cold; anoint the Belly with warm Oil of sweet Almonds, give her nothing cold, and now and then administer to her a Clyster made with Chamomile Flowers, Marshmallow Leaves, and the like. While you are treating her thus, she will find some Ease at least, and the Time will pass less heavily with her; and after the third Day is over, her After-Pains will cease and all will be well with her.

NURSE. Now, Sir, if you please, concerning a Woman's CLEANSINGS, how must I conduct myself in that Case?

SURG. Right, that's a proper Question and first of all I'll give you some Account of them, that you may be able to form some

Ide

Idea of what you have to do. You must know then, that whilst the Child is in the Womb, some redundant or unnecessary Humours are deposited there, which 'tis necessary shou'd be voided after the Woman is deliver'd. Now, after the After-birth is come away, which is always accompanied with a Flux of Blood, which is more or less, according to the Temperament or Constitution of the Woman, or according to the Bigness of the Blood-Vessels, (for in some, this Flux is greater, and continues longer than in others,) the Womb begins to contract itself, and to return to its former State; and the Vessels which convey those Humours to the Womb, for the first two Days pour forth only a sort of Bloodish Water, which by Degrees grows whitish, and is mix'd with Lymph, or Water, which issues thro' the Substance of the Womb, and grows less and less in Quantity, as it discharges itself of this Lymph with which it was stirr'd up. At last, these Lochia or Cleanings, grow whiter, and are not much unlike to Milk.

NURSE. Pray, Sir, how long shou'd these Cleanings ordinarily flow?

SURG. Why, in a Woman who has gone her full Time, about fifteen or twenty Days: But in one that has come before her Time, or has miscarried, a less Space of Time will do; for as the Child in the Womb is nourish'd by the Blood which flows from the Mother to IT; so while the Child is small,
and

and has been but a little Time in the Womb, Nature (who is found to be but seldom extravagant) does not find it necessary to supply as large a Quantity of Blood for a Child in the second, third, or fourth Month, as in the seventh, eighth, or ninth.

NURSE. Pray, Sir, do Women receive any Advantage by these Cleansings?

SURG. Yes, they do; for by this means their Blood is purified, and they of Consequence enjoy a better State of Health afterwards. For this is commonly observ'd, that Women who bear a Child every Year, are more healthy than those who bear but seldom, or have given over bearing at all; and for this Reason, you shou'd advise your Mistress, not to receive too soon the Embraces of her Husband, that is, in other Words, not till her Cleansings are over, lest the Womb, which some Anatomists say, is brought forward in the Act of Pleasure, fall down, or she prove with Child before her Cleansings are entirely over, and the Child become scabby, as is the Case with those which are begotten whilst the Mother's Courses are upon her, as some Writers think.

NURSE. But don't these Cleansings sometimes stop, either altogether, or before their proper Time, Sir?

SURG. Yes; and when this happens, the Woman has some very bad Symptoms, such as an Inflammation and Swelling of the lower Belly, a sharp Fever, violent Pain of the Head,

Head, Pains of the Breast, Difficulty of Breathing, Palpitation of the Heart, Swoonings, Convulsions, and several other Accidents, which without timely Help, seldom fail to destroy the Life of the Woman. Now to guard your Patient against this Condition, must be your great and assiduous Care; for which Reason you must advise her to beware of the Assaults of any strong Passion, such as Anger, Grief, Fear, excessive Joy. For which Reason, nothing ought to be told her which will either make her angry, sad, or transported. Hence learn too, the Necessity of keeping from her at this Juncture, all busy, talking Gossips, whose Conversation is for the most part made up of idle Stories, surprizing Stories, and Family Circumstances which foment Differences, and teaze and disturb the Mind.

NURSE. Pray, Sir, am I to give her any thing when the Case is thus with her?

SURG. Why, if she has no very bad Symptoms upon her, but is tolerably well under this Circumstance, you may (keeping her very quiet, and talking yourself very little to her, taking Care too that she lie on her Back, well cover'd up to her Chin) give her a Mixture of Syrup of *Maiden-hair*, Oil of *sweet Almonds*, and Juice of *Oranges*, and let her Diet be Jellies and Broths, and let her drink Tea made with Asparagus Roots, or the Roots of Marshmallows, sweeten'd with Syrup of Maiden-hair, or that of Marshmal-

E

lows:

lows: Let her have a Clyster given her, and let the outward Parts be fomented with a Decoction made with Pellitory of the Wall, Marshmallows, Chamomile, and the like; and with a Syringe you may sometimes inject some of the Decoction into the Womb itself. Let the inside of her Legs and Thighs be strongly rubb'd downwards.

If after these means have been used you find no Alteration for the better, but that the Symptoms rather grow upon her, it will be necessary that you seek out for better Help; for Cupping and Bleeding will be of moment to her. If she bleeds it must be in the Foot, and be sure that you take Care she has not any thing to eat or drink that is astringent, such as red Wine, Cinnamon, or the like.

This also I wou'd have you take along with you, that there are some Women who have their Cleansings in very small Quantity, without any bad Symptoms, or any considerable subsequent Prejudice to their Health; especially if they happen to have a Looseness, or great Sweatings in Child-bed, or any other large Evacuation; for these Evacuations supply that of the Cleansings, which they have less of than others.

And now while I am talking of the Cleansings, I must not omit hinting to you, that after Delivery it often happens, that by means of Bruises, or other Difficulties arising from an hard and painful Labour, there is wont to follow an Inflammation of the Womb,

Womb, if which, when 'tis known by its proper Symptoms, be injudiciously treated, there will follow either a total or a partial Suppression or Stoppage of the Cleanings. Now the Signs of an Inflammation of the Womb are, a sharp Fever, Pain, Weight of Body, and Tension or Swelling of the Part, a Difficulty in making Water, and Pain in going to Stool. It is often too accompanied with an Hiccough, Vomiting, Light-headedness, Convulsions, and several other mortal Symptoms.

In this Case your Business must be to give your Patient a spare and cooling Diet, allowing her Barley Gruel, and *weak* Broth made of Veal or Chicken, with Lettuce, Purslane, and such like cooling things. Let her drink Tea made with Dog's-Grass, Strawberry-Leaves, Wood-Sorrel, Barley and Liquorice, sweeten'd with Syrup of Rasberries to the Patient's liking, and let her Body be kept open with some simple composing Clyster, such as is made with Chamomile Flowers boil'd in Water, &c.

Bleeding also is very necessary in this Case; If therefore your Patient shou'd happen to be oblig'd to apply to an Apothecary or Surgeon, who is not much acquainted with Cases of this Nature, you must take upon you to interpose, and to command that she be bled; and if such a one shou'd pretend to prescribe for her any Medicines, taste them, and if they are rough upon the Palate, you may

throw them away, or return them to him, for they will prove injurious to her, because they will have a Tendency to suppress the Cleanings : or if they have no such Taste, you may ask him if they are intended as very great *Coolers*, and if he declares they are, they shou'd be rejected for the same Reason.

If he proposes to give her a Purge, how gentle soever he may pretend it to be, you must not by any means consent that your Mistress shou'd take it ; for every thing of this kind will be prejudicial to her.

NURSE. But, Sir, I'm an Inferior to any Apothecary or Surgeon, and these Gentlemen will think it an Affront to be contradicted by me.

SURG. Perhaps they will, if they be conceited and ignorant ; but you must tell them the Consequence of such a Practice : tell 'em, I say, that if they suppress the Cleanings, they encrease the Symptoms, and the Life of the Patient is at Stake ; that they act contrary to the Precepts of the most learned and most experienc'd of the Profession, who say, that the Encrease of one Evacuation is the Diminution of another. And if after all your Mistress will rather submit to their Authority than to your Advice, if she suffers, she must blame herself.

NURSE. Sir, I thank you, and if you have done upon this Head, I will beg Leave to ask you, *how I must dry up the Milk in one that does not care to give suck ?*

SURG.

SURG. Why, tho' I must own I think it is the Duty of all Mothers to suckle their own Children if they can, yet seeing there are a great many Women, who thro' Infirmary of Body cannot give Suck without Prejudice to their Health, it is necessary that their Nurses shou'd be inform'd how to drive back the Milk in such a manner as is consistent with their Ease and Safety. This may perhaps be done as well by only covering the Breasts with warm Linen Cloths, or little Quilts, as by any other sort of Remedies. Nevertheless, seeing a great many Women will not be satisfy'd without some Sorts of Remedies outwardly apply'd, you may spread on a Piece of Cloth some of the Ointment which the Apothecaries sell by the Name of *Populeon*, and apply to the Breasts, or (as some Nurses do) a Linen Rag dipt in warm Verjuice, in which a little Salt has been dissolv'd. I say, this you may do, not so much with any real Expectation that these, or any other Applications will indeed effect such a Derivation of the Milk, as to satisfy the Mind of your Mistress, who, thro' the Prevalence of Custom, will of Course expect such sort of Treatment, and under the want of such Applications, will be apt to think you either neglect her, or understand not well your Office. Moreover, *Sophrone*, I must tell you, that notwithstanding all the Pains we take to derive the Milk, or hinder it from flowing too plentifully into the Breasts, the more serious

or

or watery Part of it very often either issues out of the Nipples, or goes off insensibly by Perspiration, and the rest being detain'd in the Glands, make the Breast hard, red, and painful, whence follows often an Apostem, unless prevented by proper Remedies; but this requires good Skill, and is the proper Business of a Surgeon: and I must caution you against the daring Practice of too many Nurses and She-Physicians, who will pretend to have a great deal of Skill in curing these Disorders, which they call *Milk-Sores*, and by ill timing or applying improper Medicines, turn the Swelling very often into a *Schirrhus*, or perhaps (as indeed too often I have seen it) a *Cancer*.

Now tho' I have told you, that to remedy this Disorder is properly the Business of a Surgeon; yet there is something too to be done on your Part.

NURSE. Pray, Sir, what is that?

SURG. Why, you must take care she receives neither to eat nor drink any thing that is astringent, as Red-Wine, or any Eat-able that's prepar'd with Rice, Cinnamon, and the like. You must, on the contrary, keep her Body open, and give her no more Food till you see the Symptoms of the Disease abate than what is barely sufficient to keep her from starving.

NURSE. Dear Sir, this is strange indeed! I shall have all the Mouths of the Neighbours at once open against me; if I treat her thus,

thus they'll call me a barbarous Wretch indeed, and say a thousand ill-natur'd Things of me.

SURG. Perhaps they will, for want of knowing better; but you must not mind that: You must do your Duty to your Patient, tho' you hazard the Loss of People's good Word. And to satisfy you farther, in this Affair, I will give you the Reason why this abstemious (or spare) Diet is at this Juncture to be observed. You must know then, that this Disorder of the Breasts proceeds from a Fullness of the Vessels of the Body, to which some People are naturally subject, and these People are generally either such as feed too plentifully, or such whose Habit of Body is weak, and the Fibres unable to resist the Flowing of the Parts of the Food which contribute to Nourishment. Now, if when the Vessels are already too full, you fill them still fuller, by supplying the Woman with a plentiful Diet, what you so give must necessarily first encrease the Bulk of the Vessels, into which it is primarily received, and these press upon the more remote, or distant ones; which for Information Sake, I will call those of the Breasts, so that the Inflammation, or Swelling, must at least remain, if not grow worse, and all Symptoms of Hardness, Pain, and the like, continue or encrease.

NURSE. Sir, you have sufficiently satisfy'd me about this, and your Advice shall be a Rule to me hereafter.

SURG.

SURG. There is one Thing farther that I will nevertheless advise you about in this Affair, and that is, that if your Mistress be one that has less Government of herself than some Women have, and will needs indulge herself in a more liberal Diet than is consistent with her Condition, let her consent that you draw her Breasts (if the Case will admit of it) at least once if not oftener every Day. For an Evacuation being by this Means made, Nature will suffer less Inconvenience than if no such Evacuation had been made at all.

There is still another Circumstance I must not omit to remind you of, and that is, that most Women when they are eas'd of the Complaint we have been speaking of, are wont to fret and be concern'd to observe their Breasts so soft and flabby, as they will be, and want to have astringent Medicines administer'd to them to make 'em as firm, and as plump as they were before. Now the Medicines which would contribute to this End, if allow'd of, are most prejudicial in the Case, because they hinder Perspiration, and occasion some very grievous Symptoms; therefore you must not by any Means indulge your Mistress in this Particular, but persuade her to be easy, by assuring her that her Breasts will in due Time recover their former Condition. But if you will use any thing for this End, you may anoint her Breasts with Oil of Walnuts, for this will do no harm.

NURSE.

NURSE. Your speaking about the Breasts, Sir, puts me in mind of asking you concerning the Nipples, which we frequently find to want some Care.

SURG. Right; the Question is well-tim'd; for these are very often out of Order, and call for the Nurse's Care.

In Women that have never suckled, the Nipple is form'd with Difficulty ; the Child has much ado to lay hold of it, and when it has, it quickly lets it go again, because it is not yet drawn to a sufficient Length, and this is what Nurses and Midwives call *not having the String broke*, because it is retain'd as it were by a small String. Now, in order to form the Nipple, you should cause the Woman to be suck'd by a Child that's three or four Months old, who being stronger than her's that is new-born, can better lay hold of, and manage the Nipple ; or else you yourself must draw it, or your Mistress by the Help of a Glass Tube, well known to answer that Purpose.

Some Children, not finding Milk enough to satisfy them, suck the Nipple so eagerly, as to render it chap'd and cleft at the Bottom, and to make it look as if it was going to separate from the Breast. In this Case, I would advise you to use nothing more than a little Hony of Roses to it.

There is another Disorder of the Breasts too that will sometimes require your Attention, and that is, the Curdling of the Milk in the
F Glands

Glands of the Breast, which happens either from your Woman's taking cold, uncovering her Breasts too soon, or from lacing herself too streight. Such an Indisposition as this, when it happens, may give her a Fever for twenty four Hours or more. But your timely Care may very probably prevent it : That is, your being careful that she takes no Cold, that she does not uncover too soon, and that she does not lace too streight.

When you find that this Disorder has happened to her, you may anoint the Breasts with a little Oil of Sweet-Almonds to assuage the Pain ; let her Breasts be drawn by some clean healthful Woman, and afterwards carefully cover'd with fine quilted Linen-Cloths, to defend them from external Injuries. But if after this Means has been tried you are not so happy as to succeed, you must by all means advise your Mistress to send out for some able Surgeon for Advice ; for 'tis ten to one but that an Abscess (or Swelling that requires opening) happens.

Thus far, *Sophrona*, I have given you the best Directions I am capable of, how to manage the Lying-in Woman : And if you diligently attend the Rules I have been laying down to you, I doubt not but that you will gain Reputation, and the Esteem of the better Sort of People in the Neighbourhood where you live.

NURSE. You have been very indulgent indeed, Sir, and I blush to think that I am yet

to trespass upon your Good-nature by presuming to ask you some few Questions relating to the Child that's new-born.

SURG. No more of that, *Sophrona*, proceed.

NURSE. I would humbly ask you, Sir, whether it is not properly my Business to cleanse the new-born Babe of that whitish Filth with which its whole Body is cover'd at its first coming into the World?

SURG. Why yes, I should think it was incumbent on you, though I know a great many Midwives reckon it their Office to do it. But this is a Fault in them, and by doing it I wish they do not neglect a more essential Part of their Duty, that of taking care of the Mother: I mean, that of making themselves sure that none of the AFTERBIRTH remains behind, nor any Thing else that may prove injurious to her. As soon therefore as the Midwife has tied and cut the Navel-String, you shou'd receive the Child from her, and wrap it up in a warm Linen-Bed, as you call it, and carry it to the Fire-Side, and cleanse it in the Manner following: Having got about a Pint of Wine (or, if the Circumstances of the Family be but mean, as much Small-Beer) dissolve in it a little fresh Butter, and with a Linen-Rag or Sponge dipt in it luke-warm, wash the Child's Body all over, beginning at the Head (for there you will meet with most of it,) and when you have finish'd the

Head, put upon it a woollen Cap, to prevent its taking Cold, and then proceed to wash the rest of the Body; and all being done, wipe the Child dry with a fine warm Cloth, and wrap it up in Swadling Clothes, remembering always, that before you wrap it up you examine all the Parts of the Child, to see if none are amiss, as whether all the Joints are in their proper Position, and whether all the Passages are open as they should be, &c. As soon as you have wrapp'd it up and dress'd it, lay it to sleep. Lay it not on its Back, but on one Side, that the Slime which flows from its Mouth, may have an easy Discharge. You may if you will give it a little Wine sweetened with fine Sugar now and then, to loosen the *Pblegm*, and strengthen its little Stomach.

NURSE. Pray, Sir, should the Child have the Breast the very Day it is born? or should it refrain from it for some Days?

SURG. Why, if it be lusty, fat, and is not restless, or cries much, it is no Matter whether you give it the Breast directly or not; and the common Custom is to let it wait till ten or twelve Hours after the Child is born before you let it suck. Nevertheless, if it is weak and seeks for Food, and you observe a craving Motion of its Lips and Tongue, Nature then seems to indicate that you should indulge it; and indeed it would be cruel in this Condition to with-hold the Breast from it. When you do begin to give it Suck, you should

should milk a little into its Mouth, and on its Lips, to give it a Relish; and when it has taken the Breast, squeeze it till it has learnt to suck of its own Accord.

If a Nurse have plenty of Milk, give the Child no other Food for two Months; but for the first two or three Days give it but a little at a Time, lest you over-charge the Stomach; and afterwards encrease the Quantity. When the Child is grown a little bigger, you may give it, either in the Day or Night, as much as it desires, *a little and often*; for if it takes too much, it often vomits it up, the Stomach being too weak to digest it.

I know, indeed, that Nurses and fond Mothers usually think a Child should suck till it has had its Fill, and that it thrives in proportion to the Quantity of Milk it receives; but this (with their Leave) is a great Mistake, and attended with evil Consequences; for if the Stomach of the Child be over-charged, the Digestion must be bad, and all the Diseases may arise to the Infant which are subsequent of a bad Digestion. For, from this Indiscretion alone, I doubt not, happen, the Gripings, Loosenesses, Flatulencies, and most or all those common Disorders with which Children are observ'd to be afflicted in the first Months.

NURSE. But, Sir, we always observe, that a Child goes sooner to Sleep with its Belly full,

full, than when otherwise; and *Sleep*, you know, is as necessary to it as its *common Food*.

SURG. I grant you this, *Sophrona*, and I believe, that most of you Nurses find your **Account** in that Observation; for it saves you much Trouble and Watching. But if the End of Food be to nourish the Child, and to give Increase to the Body, and if preparatory to this End, it be necessary that what it receives shou'd be well concocted, and that this Concoction depends upon the Ability and good Condition of the Stomach, certainly the Sleep this Way procur'd does not answer the Designs of Nature as it ought. And therefore it must be much better to take some Trouble to rock the Child after it has had a reasonable Share of Food, than let it drop to sleep, as most of you do, at the Breast, with its Stomach overcharg'd with Food.

NURSE. I am answer'd, Sir.

SURG. However, *Sophrona*, if you can govern the Child, it wou'd be better to give the Breast but once every two Hours, and never in the Night-time, unless to make it quiet.

After it has been fed for the first two or three Months with the Milk of the Breast, you may give it a *Pap*, made with Flour and Milk, in small Quantity at first, and not of too thick a Consistence, lest the Stomach be overcharg'd by it. And that the
Pap

Pap may be lighter of Digestion, put the Meal in an *Earthern Pan* into an Oven, as soon as the Bread is drawn, stirring it often to dry it equally. Pap thus made is much better than that prepar'd the common Way; for being made with raw Flour, it is very difficult to boil it well without consuming the most nutritive Part of the Milk, leaving the thickest Part behind, which loses of its Virtue by a tedious boiling.

When a Child has taken *Pap* thus made, which shou'd be but once a Day, especially in the Morning, or twice at most, you may let it receive a little Milk from the Breast, in order to wash it down into the Stomach to dilute it there.

When the Child has been reasonably refresh'd with the Breast, let it be laid to Sleep, not in the same Bed the Mother or Nurse herself lies, for fear of overlaying it, (a Caution, I am afraid, not so often observ'd as ought to be) but in a Cradle close by her Bed-side, and let a Mantle be laid over the Head of the Cradle, that the Dust may not fall on its Face, or the Day-light, Sun-shine, Candle or Fire in the Chamber may not offend it. Let it be laid on its Back, with its Head a little rais'd upon a Pillow; and to make it sleep the sooner, let her gently rock it with an equal Motion; but that she may not be forc'd thus to rock the Child every Time she wou'd have it go to Sleep, it will be Prudence not to habituate it to it at the first.

No

No Regard need be had to the Time when the Child is to sleep, for he may take his Repose indifferently, either in the Day or Night, or at any Time in either; and ordinarily, the more propense it is to sleep, the better he thrives: however, if his Inclination to sleep be immoderate, he may be taken into his Nurse's Arms, and carried to the Light, she may sing some little Song to him, show him some glittering Toy, or dance him in her Arms.

When he is in the Cradle, let it be set in such a Situation, that the Light may be directly in his Face, that he may lie under no Temptation to look aside; for by frequently turning his Eyes towards their Angles, the optic Nerve, which receives the Impressions of the Object look'd at, is strain'd, and the Sight being perverted, the Child acquires in Process of Time, that disagreeable Malady which we call *Squint-eyedness*. And some Authors are of Opinion, that the best Way is not to let him see any Light at all in this tender Stage of his Life.

He shou'd be open'd and chang'd at least twice or thrice a Day, and sometimes in the Night too, if it be necessary, to cleanse him from his Excrements, and his Blankets shifted, and put into a Bucking-Tub, and not slightly wash'd, as is the Practice of too many Nurses; for the Excrements deposite a certain Salt, which insinuates itself into them, and
excites

excites an Itching, Smarting, and a Rawness of the Body of the Child.

It shou'd always be open'd before the Fire, and its Blankets and Clouts well warm'd and dried before he be put into them; for from Cold and Dampness may arise a Colic and Gripes. And as a Moisture is commonly found to exsude from behind the Ears, and under the Arm-pits, it is necessary that fine Rags shou'd be here applied, to absorb that Moisture.

During the first four or five Days, *Sophrona*, be careful that you do nothing to cause the Residue of the Navel-string to fall off too soon, before the Vessels of it be thoroughly closed: and every Time the Child is open'd, let it be observ'd whether the Navel, for want of a sufficient Ligature, does not bleed; and after the End is fallen off, let the Navel be still swath'd for some Time, and a Compress or Bolster continued till it be well healed, and a little sunk in.

Besides this, upon the Mould of the Head, under the Biggin, shou'd be applied another Compress, to keep the Brain warm, and prevent the Child's taking Cold.

You must be careful not to let the Child cry immoderately, especially at first, lest you cause a Rupture in the Groin. I need not tell you what every Woman knows, that the best Way to quiet it is to give it the Breast, to lay it clean and dry, and to give it something to amuse itself withall.

It has been the foolish Practice of some conceited Nurses and old Women, to suck

the Breasts of a female Child, in order, as they pretend, to draw away all sharp Humours, and form a Nipple: But this is not only a most ridiculous Custom, but an Affront offer'd to the Creator, as it supposes his divine Workmanship deficient.

There are various Accidents which befall new-born Children, which require some Consideration, which tho' they often demand the Care of the Physician or the Surgeon, do nevertheless suppose the Attention of the Nurse; such are the Weakness of them, Bruises which they sometimes receive in the Birth, too free an opening of the Moulds of the Head, Gripes and Pains of the Bowels, Inflammation, Ulceration, or Rupture of the Navel, Smartings, Redness, &c. of the Groins, Buttocks and Thighs, the Thrush in the Mouth, and the like. Take with you, *Sophrona*, a few short Hints about these, that at least you may become so skilful in your Art, as not to let these little Innocents suffer for want of the proper and timely Advice of those whose more immediate Province it is to consult their Safety and Relief.

You will often meet with Children, in whom, at their first coming into the World, especially when the Labour has been an hard and tedious one, 'tis hard to distinguish Life; insomuch, that some Infants have been laid aside, by rash and inconsiderate Nurses, as dead, who some Minutes after have discover'd the Signs of Life. Let me therefore advise you

you always, unless when the Midwife or Surgeon employ'd in delivering the Woman can assure you the Child has been dead some time in the Womb, or the Case is too plain to admit of Doubt, to lay your Hand upon its Breast to feel whether there be any Motion of the Heart, and to touch the Navel-string near the Belly, to try whether there be any Beating to be felt, and immediately to lay it near the Fire, wrapt in a warm Bed or Blanket; sup a little Wine, and spout it into its Mouth often if there be Occasion; lay Rags dipp'd in warm Wine to the Breast and Belly, let the Face be uncover'd, that it may have the Advantage of breathing; keep his Mouth a little open, and cleanse his Nostrils with small Tents of Linen dipp'd in white Wine.

NURSE. I shall observe your Direction, Sir; but this Piece of Care seldom falls to the Nurse, if the Midwife be present.

SURG. True, *Sophrone*, I believe so; but I must tell you, the Midwife ought to be otherwise employ'd.

NURSE. How, Sir?

SURG. In taking Care of the Mother, particularly in satisfying herself, that the After-birth is entirely come away, and that no false Conception be left behind. For if for want of her Assistance the After-birth shou'd stick, or a false Conception shou'd be behind, the Mother must greatly suffer, while the Midwife is doing that to the Infant which any prudent Nurse may do as well. And I

must tell you, that I fear this is too often the Case, and am afraid that Children, especially such as have lain a long Time in the Birth, are often lost, I mean suffocated in the Bed, for want of being speedily separated from the Mother, as it is a very common Practice with many Midwives, not to divide the Navel-string till the After-birth is come away, which is often some Minutes first.

NURSE. You are very right, Sir ; but I am afraid I must have many a Dispute with the Midwife, before I shall be able to break in upon this Custom.

SURG. I believe so too ; but where a Man is the Operator, it will commonly fall to your Share, and so will that of cutting the Navel-string. In doing which I must advise you to observe, that with a Piece of wax'd Thread five or six times doubled, you tie the Navel string about two Fingers Breadth from the Child's Body, and then cut off the Navel-string next the After-birth, and take the Child immediately towards the Fire.

Children frequently by lying long in the Birth, receive Bruises on the Head, and sometimes have a Knob as big as an Egg, especially if the Mother be of an advanc'd Age, and if it be her first Child ; for 'tis ten to one but she has a difficult Labour, by which the Child is retain'd in the Womb, and so becomes subject to this Sort of Accident.

When you meet with this Case, the Part so affected shou'd be fomented with warm Wine, or Spirit of Wine, or Brandy, and a folded

folded Cloth dipt in the same and wrung out, shou'd be apply'd at the Beginning. But if in two or three Days the Swelling is not by this means reliev'd, it will be Wisdom in you to apply to some Surgeon, who may open it, if it ripens so as to require the Launcet.

Some Male Children have the *Scrotum*, commonly called the *Purse*, very much swell'd, either from some Bruise, or from Waters contain'd in it. In both these Cases folded Cloths dipt in Wine, in which the Leaves of red Roses have been boil'd, may be of Service. But when it happens that the Midwife in bringing the Child into the World, has either broke or disjointed any of the Infant's Limbs, which often happens, let it be your Care, *Sophrona*, to propose the sending for a skilful Surgeon.

The Heads of Infants differ much from those of grown Persons, in that the Bones which compose the Head of the former, do not join closely together as they do in the latter, but stand at some Distance from each other, and have a Membrane, or a kind of strong Skin to keep them at a Distance for some Time, that the Brain may not be hindered in its Growth, nor be subject to the Diseases which a Confinement of it wou'd necessarily expose it to. When these are very open, it is the Practice of some Nurses to try to bring them together, by binding the Head of the Infant strait, and so press the Brain, which is of a fine and delicate Make, and rob the Child of its Life. But let me advise

advise you, to think it sufficient, that it be gently bound with a small Cross-cloth, that the Bones, which of themselves are somewhat loose, may be kept in a stedfast Position; trust the rest with Nature, who in a proper Time will bring them into Union.

The Mould is open in some Children till the third Year of their Age, more or less in Proportion to their Strength. When you meet with this Case, cover the Part with a Linen Cloth, three or four times double, to defend it from Cold, and to preserve the Brain from any outward Injuries.

Sometimes Children are born with a watry Head; this Case always requires the Skill of an able Surgeon.

When your Child is subject to Gripings, which makes it to cry very much, you will do well to give it a few Grains of Rhubarb in fine Powder, with a little of the Powder of Anniseeds: the common Dose for the first Month is, of the Rhubarb six Grains, of the Anniseeds three, and this an Infant under this Disorder should have at least once a Week for the first Month. I have found it of great Service often, as it tends to carry off the Meconium, or Excrements, which lodg'd in the Bowels of the Child while it lay in the Mother's Womb, or as it purges away the Dross of the Pap it has taken, which is very often not well boil'd.

The Nurse's Milk is sometimes to be suspected, and in such a Case you are to change her for another.

New-born Children are often subject to an Inflammation and Rupture at the Navel. This rarely happens but from the Mismanagement of the Person who tied the Navel-String; so that in some violent Fit of crying the Navel-String is distended. This Disease is often incurable if long neglected; therefore while it is fresh, your Business is to apply the Plaister sold in the Shops under the Name of *Adherniam*, and over that a folded Cloth, which must be kept on by a Rowler or Swathe-band, and do all you can to keep the Child quiet. But if it be very cross, and cries much and often, you are not to expect much Benefit from it.

There is one more Disease, *Sophrona*, which new-born Babes are often subject to, about which I would give you some little Advice, and that is, the Smartings and Redness about the Thighs and Buttocks: I think the good Women call it the *Red-Gown*. This Disease often happens thro' the Negligence or Slothfulness of the Nurse, who suffers the Child to lie too long in its own Water, which frets and irritates the Parts, and excites an Inflammation, which is attended with Pain and Smartings.

Take Notice, that I don't pretend to say that this Distemper is always to be imputed to the Nurse's Neglect: For I am well satisfied it sometimes happens from a sharp Humour, which, in spite of all your Care, will occasion it. It is, however, a necessary Piece of Advice that you keep the Child dry, by shifting
ing

ing his Clothes often ; and when it happens that this Disorder attends an Infant, if the Pain be great, foment the Parts with a little warm Milk, and if this does not succeed, apply to some skillful Surgeon for Advice.

And now, *Sophrona*, I think I have given you all the Instructions I can in this Affair, except you can recollect any Circumstance which may have slipt my Memory.

NURSE. I believe you have omitted nothing, Sir, of any Consequence. But if I shall not be too impertinent, or trespass too much upon your Good-nature, I'll ask the farther Favour of you, to give me some little Advice how to chuse a WET-NURSE ; for this I imagine will often be made my Province, if I succeed in my own proper Calling.

SURG. Very true, *Sophrona*, it was well observed of you.

Nothing I think can excuse the Mother from being the Nurse and giving Suck to her own Child, but the Want of Milk, or having such Infirmities of Body as manifestly forbid it. But when a Nurse is to be made Choice of, there are some Qualifications both of Body and Mind requir'd in her.

As first : She ought to be of an Age that's above *twenty* and under *forty*. She should be upwards of *twenty*, that she may be supposed to have both Discretion and Experience, and her Age should fall short of *forty*, that she may be thought free from the Diseases to which that Stage of Life is apt to subject great Numbers of the Sex.

Secondly,

Secondly, It is the Opinion of some Persons, that the most advantageous Time for a Woman to give Suck, is, after she has lain-in about three Months; for then her Milk is supposed to be most pure, and freest from any Sharpness or Crudities which might offend the Stomach and Bowels of the Child. But as this Opinion is founded upon a Supposition that her Blood is purified, by Means of her Cleansings, so long an Interval need not be insisted on, as these do not ordinarily continue upon a Woman longer than about 14 or 15 Days (though in some they flow much longer;) in which Space of Time those Cleansings must be judg'd to have done all that they can do towards the Purification of the Milk. In short, if these are perfectly over with her, and she is of a good, sound Constitution, I see no Reason why she may not give the Breast in five or six Weeks after Delivery at farthest. Besides, *Sophrone*, I think the Supposition that the Cleansings do at all affect the Milk, is wanting of some Proof. And farther, this Supposition seems not agreeable to the Design of Nature to furnish the Child with Milk, which she is observ'd pretty constantly to do about the third Day after Delivery. And let me ask you, what must become of a great many Children whose Mothers give them Suck as soon as they have got any Milk at all, if the Milk be supposed unfit for Nourishment till it has undergone a Purification of three Months? — But to proceed.

H

Thirdly,

Thirdly, Your Nurse should be one that is found and healthy, and born of Parents who have no hereditary Disease, such as the *Stone*, *Gout*, *King's-Evil*, the *Venereal*, or any other Disease that affects the Skin: She ought also to be strong, and able to watch and attend the Child. Choose one that is of a middle Size, that is neither of a poor and lean Habit, nor overloaded with Fat. A very lean Woman may have an impoverish'd Blood, and bad Milk for the same Reason; and a gross fat Woman may be subject to Humours, which spoil the Milk. See that she is of a sanguine (that is, of a fresh) Complexion, and has plump and firm Flesh. If she has her monthly Discharges, she is hardly fit for this Office; for 'tis a Sign that she is of an hot Constitution, and therefore amorous, and not subject to the Self-denial that's requir'd of a good Nurse. Neither should she be subject to an Infirmary somewhat a-kin to the other; for that always indicates a bad Habit of Body. Few People like a red-hair'd Woman for a Nurse: but I don't know whether there are any substantial Reasons to be given why such a one should be objected against, if she be not freckled: For Freckles shew a Disease of the Skin. One with *black* or *brown* Hair is commonly preferr'd.

She should be neat in her Apparel, of a pleasant Countenance, without any Defect in her Eyes, or any very disagreeable Feature of her Face, which may attract the Eyes of the Child too much, and cause it to squint. Nor should she have any remarkable Motion with
the

the Eye-lids or Mouth, lest the Child obtain an Habit of *Mimicking*. Her Voice, for the same Reason, should be pleasant; she should not have a stinking Breath, nor bad Teeth; because, as she will be often kissing the Child, it will receive Air into its *Lungs*, which her Breath has corrupted.

Her *Breasts* shou'd be pretty large, that she may have Plenty of Milk, and they shou'd be plump and firm, and not too loose and flabby. Her Nipples shou'd be neither too *big* nor *hard*, nor sunk in, but free and high, that the Child may take an advantageous Hold of them. The Quantity of her Milk shou'd be in no Extream, either too much or too little. If she has a great deal more than the Child wants, what remains will grow rank; if too little, the Child will be robb'd of its due. In the first Case, however, she may let another Child suck the Remainder.

Her Milk, as to the Consistence of it, shou'd be neither too much inclining to that of *Cream*, nor too nearly approaching to that of Water. If it be too thick, as Cream, it will be less fit to nourish the Child, as it will not easily pass the Strainers of the Body, which Nature has provided for that Purpose: if too thin and watry, it will subject the Child to Weakness, and a bad Habit of Body. The best Milk is that of a Consistence between both, which gently runs off when you incline your Hand to either Side, and leaves a Trace behind it. The whitest Milk, provided

vided that the Consistence of it is such as has been just now requir'd (that is, neither too *thick* nor too *thin*) is best, and the farther it is from that Colour, the worse it is.

It shou'd have no bad *Smell*, and the *Taste* of it shou'd be sweet, without any Sharpness or Heat.

These, *Sophrona*, are the necessary Qualifications of Body requir'd in a good Nurse. Besides which, she ought also to have some of the Mind.

Before all Things, she ought to be a sober, honest, conscientious Woman, not given to Gossiping and Tales: For if she be addicted to these, the Child will be often neglected. She shou'd possess the Virtue of Patience in a great Degree: She shou'd not be passionate, nor indeed the Wife of a drunken, or perverse Husband: She shou'd be good humour'd, free, and affable, and in fine, *Discretion* shou'd govern every Action of her Life.

Now, *Sophrona*, I think I have imparted to you every Thing of Importance which you came to me to be inform'd of. I doubt not but you will make a proper Use of the Hints I have been giving you. Be faithful to your Trust, and diligent in your Calling, and doubt not of the Respect of the Judicious, and of the Blessing of Heaven.

NURSE. I return you a thousand Thanks, Sir, and shall at all Times acknowledge myself your most humble Debtor, and most obedient Servant.

F I N I S,